

# U.S. Surgeon General's Family History Initiative National Human Genome Research Institute

<https://familyhistory.hhs.gov/>

## My Family Health Portrait

A tool from the Surgeon General

Language English ▼

Using My Family Health Portrait you can:

- Enter your family health history.
- Learn about your risk for conditions that can run in families.
- Print your family health history to share with family or your health care provider.
- Save your family health history so you can update it over time.

Talking with your health care provider about your family health history can help you stay healthy!

[Learn more about My Family Health Portrait](#)

Create a Family Health History

Use a Saved History



Usability upgrades coming!



# MFHP Basic Information

Item	Information
Owner/Developer	NHGRI/NCI (NIH)
Current Version	3.2x
Target User	lay person, families
Disease Risk Calc.	Diabetes and Colon Cancer
Platform	HTML 5 and JavaScript in user's web browser
Output (Standard)	Data file in HL7 v2 XML
Output (other)	Save or Print Table of family and health conditions and/or Pedigree drawing
Data Storage	User's local digital media, or User's cloud accounts including secure PHRs
Availability/Cost	Free to use on the web at <a href="http://FamilyHistory.HHS.gov">http://FamilyHistory.HHS.gov</a>
EHR Integration	None known
Standards	HL7, SNOMED, LOINC
Development	Open Source. Download or fork at <a href="https://github.com/CBIIT/FHH">https://github.com/CBIIT/FHH</a> (BSD-3 Clause License)




# Self and Family Input Screens

[Home](#) [Copy for Family Member](#) [Disease Risk Calculator](#) [View Diagram & Table](#) [Get Help](#)

## My Family Health History




















### Update My Family History

On this screen you can:

- Use the tools to view your family tree diagram, find out your risks for certain diseases, or export your tree to help your close family member get started.
- Change your Family Health History by adding, removing or changing your relatives
  - Add information for a family member by pressing **Add History**  next to the name in the list.
  - Change your information or a family member's information by pressing **Update History**  next to the name in the list.
  - Remove a family member from your history by pressing **Remove**  next to the name in the list. (You cannot remove yourself, your parents, or grandparents.)

To find out more about what you can do, click on the 'Get Help' link on the menu bar above.

[Delete all Data and Restart](#) [Save Family History for Later Re-use](#) [Add Another Family Member](#) [View Diagram and Table](#)

Name	Relationship to me:	Add History	Update History	Remove Relative
My Family				
Bob Wildin	Self			
Robert E. Wildin	Father			
Shirley Holmes	Mother			
	Sister			
My Father's Side of the Family				
	Paternal Grandfather			
	Paternal Grandmother			
	Paternal Uncle			
My Mother's Side of the Family				
	Maternal Grandfather			
	Maternal Grandmother			
	Maternal Uncle			
	Maternal Uncle			
	Maternal Aunt			
	Maternal Aunt			
Recently Added Family Members				

[Cancel](#) [Next](#)

### Your Personal Information

We start the family health history with you. Enter the required personal information and you system which family members you would like to add to the health history.

\* Indicates required information.

\*Name:

\*Gender: ☐ Male ☐ Female

\* Date of Birth:   
mm/dd/yyyy

Were you born a twin? ☒ No ☐ Yes - Identical (Same) ☐ Yes - Not Identical (Frat)

Were you adopted? ☐ Yes

Height  Feet  Inches -OR-  Centimeters

Weight  lbs

### Your Health Information

In the list below, select a Disease or Condition (if any) from the dropdown box. Then select

#### Disease or Condition

Please Select a Disease

### Your Family Background Information

Check here if your parents are related to each other in any way other than marriage. Multiple races and ethnicities may be selected.

Race: ☐ American Indian or Alaska Native ☐ Asian ☐ Black or African-American ☐ Native Hawaiian or Other Pacific Islander ☐ White

Ethnicity: ☐ Hispanic or Latino ☐ Ashkenazi Jewish ☐ Not Hispanic or Latino

[Why are we asking about Ashkenazi Jewish heritage?](#)

My Personal Information  
 Age: 55  
 Height: 65 inches  
 Weight: 142 pounds  
 BMI: 23.63  
 Date of Report: Monday, June 13, 2016 6:24 PM

[Print](#) [Save to image](#)

[Expand Table](#)

# Output: Table

- Compressed and Expanded views
- Print or Save to image
- Filter by text

Name & Relationship	Still Living	Heart Disease	Stroke/Brain Attack	Diabetes	Colon Cancer	Breast Cancer	Ovarian Cancer	Other Diseases
Bob Wildin ( Self )	Yes							Colon Polyp (50-59 years) Asthma (40-49 years)
Mother	Unknown							Other Disease (50-59 years) Heart Attack (60 years or older)
Father	No, Stroke/Brain Attack (50-59 years)	50-59 years	50-59 years					Hypertension (50-59 years)
Maternal Grandmother	No, Dementia/Alzheimer's (60 years or older)				60 years or older	60 years or older		Dementia/Alzheimer's (60 years or older) Glaucoma with Blindness (60 years or older)
Maternal Grandfather	No, Emphysema (60 years or older)							Emphysema (50-59 years) COPD (50-59 years)
Paternal Grandmother	No, Stroke/Brain Attack (60 years or older)		60 years or older		60 years or older	60 years or older		
Paternal Grandfather	No, Stroke/Brain Attack (60 years or older)		60 years or older					
Sister	Unknown							
Maternal Aunt	No, Dementia/Alzheimer's (60 years or older)							
Maternal Aunt	No, Unknown Disease (60 years or older)			40-49 years				Gastroesophageal stricture (40-49 years) Unknown Disease (60 years or older)
Maternal Uncle	No, Leukemia (In Childhood)							Leukemia (In Childhood)
Maternal Uncle	No, Other Cancer (60 years or older)							Bladder Cancer (60 years or older) Other Cancer (60 years or older)
Paternal Uncle	No, Abdominal Aortic Aneurism (60 years or older)							Abdominal Aortic Aneurism (60 years or older)
Nephew	Yes							

Filter:

# Output: Pedigree

## Options:

- Highlight a specific disease
- Show detailed information

## View Diagram & Table

You can print your family health history in a diagram and table form to share with your health care provider. Talking with your health care provider about your family health history can help you stay healthy!

If you would like to change the way the information below is shown, click 'Diagram & Table Options.' The bottom and right scroll bars are useful navigation tools when viewing larger tables and diagrams.

Your family health history is also available at the bottom of this page in table format, which lists the details for each family member. This can be helpful when reviewing your family health history with your health care worker. Press [here](#) to jump down to the table view now.

### My Personal Information

Age: 55

Height: 65 inches

Weight: 142 pounds

BMI: 23.63

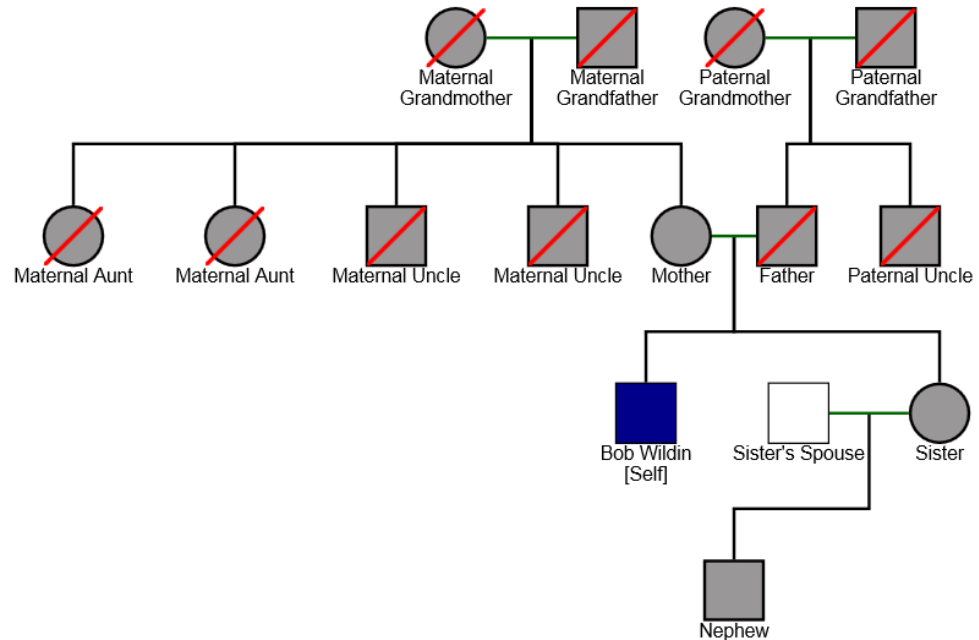
Date of Report: Monday, June 13, 2016 6:21 PM

Zoom In

Zoom Out

Print

Save to image



# Disease Risk Calculators

Disease Risk Calculators

Calculate your Diabetes Risk

The Diabetes Risk Calculator

Calculate your Colorectal Cancer Risk

The Colorectal Risk Calculator

## Diabetes:

### Your Type 2 Diabetes Risk Information

On this screen you can:

- Get your risk for type 2 diabetes based on your personal and family history information
- Learn which risk factors you may have for type 2 diabetes
- Read and print sharable letters for you and your health care provider explaining your type 2 diabetes risk

1. How old are you

2

Less than 40 years (0 points)40-49 years (1 point)  
50-59 years (2 points)60 years or older (3 points)

2. Are you a man or a woman

0

Man (1 point)Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

0

Yes (1 point)No (0 points)

4. Do you have a mother, father, sister or brother with diabetes?

0

Yes (1 point)No (0 points)

5. Have you ever been diagnosed with high blood pressure?

0

Yes (1 point)No (0 points)

6. Are you physically active?

0

Yes (0 point)No (1 points)

7. What is your Body Mass Index? (see chart at right)

0

Height: 5 feet 8 inches  
Weight: 160 pounds

Total Points

2

0 - 4 points: Risk not increased  
5+ points: Risk Increased

No risk tool is perfect and your actual risk may be higher or lower than this. If you have questions about your type 2 diabetes risk, please speak with a health care provider.

Height	Weight			
	160 lbs	Overweight	Obese	Morbidly Obese
BMI	25 or less	25 - 30	30 - 35	35 or more
4'10"	119 -	120-143	144-167	168 +
4'11"	123 -	124-148	149-173	174 +
5'0"	128 -	129-153	154-179	180 +
5'1"	132 -	133-158	159-185	186 +
5'2"	136 -	137-164	165-191	192 +
5'3"	141 -	142-169	170-197	198 +
5'4"	145 -	146-174	175-203	204 +
5'5"	150 -	151-180	181-210	211 +
5'6"	154 -	155-185	186-216	217 +
5'7"	159 -	160-191	192-223	224 +
5'8"	164 -	165-197	198-230	231 +
5'9"	169 -	170-203	204-237	238 +
5'10"	174 -	175-209	210-243	244 +
5'11"	179 -	180-215	216-250	251 +
6'0"	184 -	185-221	222-258	259 +
6'1"	189 -	190-227	228-265	266 +
6'2"	194 -	195-233	234-272	273 +
6'3"	200 -	201-240	241-280	281 +
6'4"	205 -	206-246	247-287	288 +

0 points

1 points

2 points

3 points

Get Personal Lower Risk Letter

Get Provider Lower Risk Letter

## Colorectal Cancer:

### Your Colorectal Cancer Risk Information

On this screen you can:

- Get your risk for colorectal cancer based on your personal and family history information
- Learn which risk factors you may have for colorectal cancer
- Read and print sharable letters for you and your health care provider explaining your colorectal cancer risk

This tool will run a series of tests, one at a time, to determine your risk for colorectal cancer.

Test Reason

You have never had any of the following cancer types: colon, colorectal, rectal, Lynch Syndrome/Hereditary non-polyposis colorectal cancer (HNPCC), uterine, pancreatic, ovarian, gastric, brain, liver, or kidney cancer.

You have had colon polyps in the past.

You have never had inflammatory bowel disease (either ulcerative colitis or crohn's disease).

None of your family members have had Lynch Syndrome/Hereditary non-polyposis colorectal cancer (HNPCC) or Familial adenomatous polyposis (FAP)

None of your immediate relatives (father, mother, brothers, sisters, children) have had colon, colorectal, rectal, or gastric cancer.

None of your immediate relatives (father, mother, brothers, sisters, children) have had polyps.

It takes two or more of your secondary relatives to trigger this test:  
Your maternal has had colon cancer in the past.  
Your paternal has had colon cancer in the past.

Your maternal has had colon cancer before the age of 60 years or at the age of 60 years.  
Your paternal has had colon cancer before the age of 60 years or at the age of 60 years.

None of your primary or secondary relatives (mother, father, sisters, brothers, sons, daughters, aunts, uncles, grandparents, grandchildren, halfsiblings) have had uterine cancer before the age of 50.

None of your secondary relatives (aunts, uncles, grandparents, grandchildren, halfsiblings) have had uterine cancer. (There should be two or more to trigger this test.)

You have at least one of the above risk factors. Based on this your risk of colorectal cancer is increased.

Get Increased Risk Letter

Get Increased Risk Provider Letter

Table Key:

No personal or family history with this test

There was personal or family history with this test

No risk tool is perfect and your actual risk may be higher or lower than this. If you have questions about your colorectal cancer risk, please speak with a health care provider.

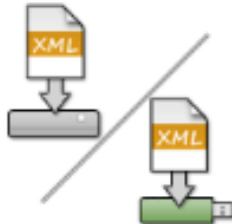
This risk tool is based on information from the United States Preventive Services Task Force and the National Comprehensive Cancer Network®.

More information about colorectal cancer risk can be found at:

- National Cancer Institute Colorectal Cancer Information
- National Cancer Institute Colorectal Cancer PDQ for Healthcare Professionals:

# Sharing with Family

### Copy for a Family Member



You may make your father, mother, brothers, sisters, and children be the center person of the family health history. This person can then add relatives from their families to create a new family health history without having to start from the very beginning.

Your family health history is not saved on this website or any other system. You must save your family health history to your own local storage area (such as your computer's hard drive, a CD-ROM, or USB thumb drive), whether you are saving your own history or saving a copy for a family member.

To copy for another family member, select the person to copy and click 'Copy and Save History.'

Choose a Relative:

# MFHP is Open Source

<https://github.com/CBIIT/FHH>

The screenshot shows the GitHub repository page for CBIIT/FHH. The browser address bar displays the URL <https://github.com/CBIIT/FHH>. The repository name is CBIIT / FHH, with 16 watches, 5 stars, and 7 forks. The repository description is "This is the repository for the HTML5 version of the Family Health History Tool". The repository statistics show 564 commits, 2 branches, 67 releases, and 3 contributors. The commit history table lists the following commits:

Commit	Message	Time
regulator95	editing self or family member removed clickable name. Changed code to...	7 days ago
css	fixed bug where firefox was cutting off image on print	a year ago
data	Fixed Diabetes mellitus in Young, again	2 years ago
docs	Diagram update with PDF document additions	2 years ago
downloadify	fixed pt translation, fixed copy for family member button width in IE...	a year ago
examples	Moved the code to remove the en_US from the path, cleaned up the extr...	2 years ago
html	removed + icon and add column on main screen, removed instructions re...	13 days ago
images	modified add/update and load screens to include help. translated help...	a year ago
jquery	changed background color of all popups to white instead of gray	2 years ago
is	editing self or familv member removed clickable name. Channed code to	7 days ago



# My Family Health Portrait: Unique Features

- All user data is private unless user chooses to share; data remains client-side
- Aimed at public, but positioned for clinical and research use
- Open source; available for downloading or forking off for further code development
- Non-commercial, government-supported, free
- Standards compliant with HL-7, LOINC, SNOWMED-CT
- Extensible, interoperable, portable